

THE ORIGINAL BFF

ONTARIO ACTRESS ELLEN WONG PLAYS
A TEEN CARRIE BRADSHAW'S BESTIE
IN THE UPCOMING PREQUEL TO SATC PAGE 14



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Thursday, January 10, 2013







Walkout plans 'illegal strike,' McGuinty says

Union. Ottawa school board cancels Friday's elementary classes



ALEX
BOUTILIER

Premier Dalton McGuinty says the province will appeal to the Ontario Labour Relations Board in an attempt to stop a oneday elementary-school teacher walkout planned for Friday.

walkout planned for Friday.

The Elementary Teachers' Federation of Ontario calls the plan a "political protest." But in a press conference Wednesday night, McGuinty preferred the term "illegal strike."

"Strikes before the holidays were disappointing, and they were a real inconvenience to parents, but they were legal," McGuinty told reporters. "A

Truant teachers?

"It is our full expectation that teachers will be in school on Friday and every day."

Premier Dalton McGuinty

strike on Friday would be an illegal strike."

That's because Education Minister Laurel Broten, invoking powers contained in Bill 115, imposed contracts on teachers' unions that had not yet reached an agreement with the province on Jan. 3.

McGuinty said the two sides should resolve outstanding issues in court. To that end, the province will bring an application to the OLRB before Friday to prevent the ETFO's walkout. A spokeswoman for the ETFO said the union would not be ommenting Wednesday night.

Earlier Wednesday, the Ottawa-Carleton District School Board cancelled classes at the board's 120 elementary schools. Parents of those 46,000 students are being asked to find alternative care for their children. Extended day programs operated by the OCDSB are still on for students already enrolled.

OCDSB director of education Jennifer Adams apologized for the inconvenience, saying student safety prompted the board's decision.

Peter Giuliani, president of the Ottawa-Carleton Elementary Teachers' Federation, said the protest is intended to defend "basic democratic rights."

"You can't have an organization, a government, step in, overturn legal rights, impose contract language on people, and take no action," he said.



Family hits the water as wildfires blaze

Australia's fires still burning even as record high temperatures start to drop PAGE 6

Idle No More goes higher

Movement hits higherlearning institutions Carleton and Ottawa U, where hundreds join in on protests

Holy Comiccon!

Adam West and Burt Ward, stars of the '60s Batman a series, are coming to Ottawa this spring PAGE 4

Will.i.am as m.ad sc.i.entist

Artist promotes the i.am+foto.sosho as "phone, function and fashionology" PAGE 16



PHOEBE'S FIGHT

Despite her rare Leukemia, two-year-old toddler Phoebe Rose Doull-Hoffman is always keen to paint up a storm. Meanwhile, her family is waiting to learn whether she will be able to take part in an experimental treatment in Philadelphia. For more, turn to page 2. CONTRIBUTED

Coma. Coun. Stephen Blais regains consciousness

Cumberland Coun. Stephen Blais has regained consciousness and is "positively responding to treatment" at the University of Ottawa's Heart Institute.

According to Ottawa City Hall communications staff, Blais regained consciousness around 1 p.m. on Wednesday after being put in a medically induced coma.

The 32-year-old councillor was working out on Monday morning when he collapsed and was rushed to hospital.

Blais' wife, Marta, and



family once again expressed gratitude for the support from residents. The family has decided to donate financial gifts they received to the Heart Institute, the city said.

ALEX BOUTLLER/METRO

Fewer fares. OC Transpo ridership takes a dip

OC Transpo's ridership declined by 4.4 per cent in the third quarter of 2012 compared to the same period in 2011, according to a report going before Ottawa's transit commission next week.

The drop means OC Transpo's 2012 numbers remain 1.6 per cent lower than in the same period in 2011. The report lists a number of factors as potentially influencing the numbers, chief among them employment levels and "relatively low" gas prices.

"Additionally, the unusually

dry summer may have contributed to more people walking or biking to work," the report reads. "OC Transpo continues to monitor other indicators that may help further explain the trends."

The report goes on to state that, based on preliminary data for Q4 2012, OC Transpo is on track for between 101.6 million and 102.4 million rider trips in 2012 — the second-highest ridership in Ottawa's history, albeit shy of 2011's 103.5 million trips.

ALEX BOUTILIER/METRO

Impaired driving

Nearly 100 DUI charges laid in December

The Ottawa Police Service nabbed almost 100 people on impaired-driving charges over the month of December.

Last month, 97 motorists were charged with impaired driving, including 11 novice drivers with a blood-alcohol content above zero and 71 drivers with a blood-content level over 80 milligrams.

Another six were charged with having open alcohol in their vehicles, while nine refused to take the Breathalyzer.

Police were also on the lookout for people driving over a different sort of limit, as some 820 people were charged with speeding over the month.

ALEX BOUTILIER/METRO

Foot chase

Man arrested over stolen property

A 46-year-old Gatineau resident who was chased on foot and arrested around midnight Monday is accused of having about \$100,000 of stolen property, according to Gatineau police.

The man is alleged to have stolen a Ford F-350, a trailer and various other items on the morning he was arrested. He was arrested in front of 646 Labrosse Blvd. in Gatineau by Ottawa police in collaboration with MRC des Collines de l'Outaouais.

Police say Denis Richard faces various charges including possession of stolen property over \$5,000 and obstructing a peace officer. Richard, a known repeat

Richard, a known repeat offender, was to appear in court Tuesday. Police say other charges might be filed against him in the coming days. JOE LOFARO/METRO

Searching for a cure

South of the border. Parents of toddler with rare cancer pin hopes on treatment in U.S.

Phoebe Rose Doull-Hoffman, 2, is a bright-eyed toddler who loves to paint. She also has a rare form of leukemia and few treatment options.

Her parents have pinned their hopes on an experimental treatment in the U.S. to cure their daughter of a rare cancer that only three kids in Canada currently have, including Phoe-

"We're kind of in a waiting game," said Phoebe's mother Jenny Doull-Hoffman on Wednesday. On Monday, she expects to learn whether Phoebe will be part of an innovative clinical trial in Philadelphia. "Once we got through the traditional treatments, we were really in uncharted territory. Doctors said there were no options for her."

Since being diagnosed with the rare Infant Acute Lymphoblastic Leukemia in Oct. 2010, only weeks after being born, Phoebe has undergone a bonemarrow transplant and taken part in another clinical trial in Memphis, Tenn., in 2011 to no avail.

Jenny, a teacher, and her husband, Jon, a stone mason, have put their jobs on hold to care for their daughter and keep the family together through all the tests and treatments.

"No matter where we go for treatment, we're committed to going with her," Jenny said, adding the couple brings along Phoebe's four-year-old sister

"Outside of medical care there's getting to Philadelphia," Jenny said, adding that there are other obstacles once they find out whether their daughter will be part of the trial. "You hear the horror stories of treatment in the U.S. being really expensive."

In the treatment, Phoebe's T-cells would be harvested and injected with an inactive HIV virus which would then seek out and destroy cancerous cells. The family came across the innovative cure after the heartbreak of discovering in early December that Phoebe's cancer had returned after months of remission after returning from Memphis in May.

GRAHAM LANKTREE/METRO

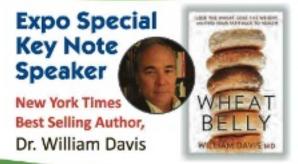


Mae Doull-Hoffman, 4, top, and her little sister Phoebe, 2, enjoy a winter sledding outing. Phoebe has been diagnosed with a rare form of cancer and her parents are seeking experimental treatment for their little girl in the U.S. CONTRIBUTED



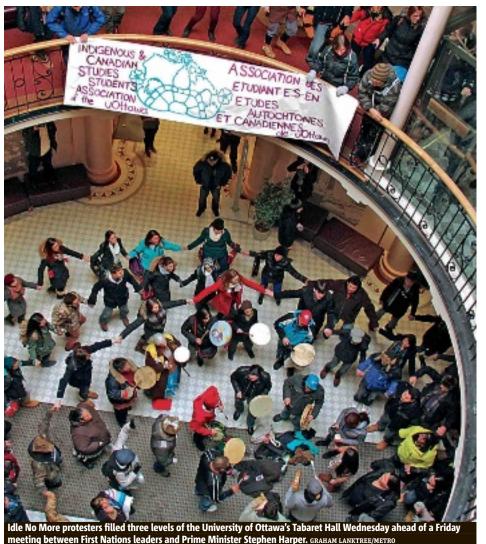
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Latest stop for Idle No More protests: Ottawa universities

To what end? It's mainly about treaties, revenue sharing: Lobbyist

Idle No More protesters swept Ottawa's universities Wednesday as they continue to march across Canada, leaving many baffled over what the movement is about, but aboriginal lobbyist Mark Quinn says the protests boil down to two issues.

"Treaties and this notion of resource-revenue sharing will be two big focuses on Friday," said Quinn, a former chief of staff to the minister of Indian and Northern Affairs under Jean Chretien, of the meeting of First Nations leaders with Prime Minister Stephen Harper at the end of the week.

"There doesn't seem to be a coherent sense among the general public what the problems are and how to fix them," he added, noting that a panoply of aboriginal spokespeople muddy the issue

Quinn made his comments as hundreds joined protests at Carleton and the University of Ottawa, where First Nations groups and students occupied Tabaret Hall with a drum circle that spanned three levels of the building.

"I feel like the Jan. 11 meeting is just Step 1 to what we want to accomplish," said Gabrielle Castilloux, a Migma and president of the First Peoples Council at Carleton University. "We're raising our voices and creating dialogue to ensure the aboriginal voice is heard in Parliament and that the treaties are being respected."

In her own mind, said Castilloux, First Nations have been spurred on by a perfect storm of issues that all seemed to fall at the same time.

Several pieces of legislation, such as budget Bill C-45, compromise the environmental integrity and resources of their land negotiated under several treaties in the 19th century,

First Nations groups say.

"The media has focused on the Indian Act as the bearer of the relationship, and First Nations see it very differently. They're saying, 'Look, we have these treaties, we would like that to be the basis of the relationship."

Quinn said a request by hunger-striking Chief Theresa Spence to have Premier Dalton McGuinty and the Governor General at the table Friday is reasonable considering the fact that treaties are provincially administered.

"If you're talking about treaties, you're talking about resources; the province has jurisdiction of Crown lands," he said. "There's lots of potential for diamond mining, pipelines, oil and gas. The Assembly of First Nations has identified \$400 billion worth of potential projects, but there's no resource-revenue sharing. This is what's bringing this thing to a head."

GRAHAM LANKTREE/METRO



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Comiccon. Retro Batman and Robin coming to Ottawa

Batman and Robin are going to be swooping into Ottawa in May as special guests at Ottawa Comiccon, according to a post on the event's Facebook page.

Adam West and Burt Ward, stars of the hit 1960s series Batman and Robin, are scheduled to attend the event at the Ottawa Convention Centre from May 10 to 12, the post reads.

The Dynamic Duo starred in the superhero show, which was on the air from 1966 to 1968.

Family Guy fans will recognize West's voice as that of Mayor Adam West in the animated comedy series.

The superheroes will also be joined by Canadian actress Jewel Slaite, Buffy the Vampire Slayer's Nicholas Brendon and other guests.





Fire damage could cost \$300K



As many as nine people may have been turned out of their homes due to a fire at 176 Montfort St. in Vanier. Fire officials said they received a "frantic" call from a resident saying there were open flames and smoke visible in the building. Upon arrival, firefighters upgraded the call to a second-alarm fire. The two-storey building was destroyed in the blaze. Damage was estimated at \$300,000. The cause of the fire is under investigation. metro

Gatineau

Woman arrested after throwing soda at bus driver

Gatineau police say a 21-year-old woman threw her soda at an STO bus driver after an altercation on Tuesday evening. The incident started

The incident started at 11 p.m. when the woman boarded the bus with other passengers at Rideau Centre in Ottawa.

The woman claimed she didn't have enough money to pay the fare three stops into the ride, police said. The driver of the bus then called for help at the intersection of Promenade du Portage and Hotel de Ville.

Police said she left without incident, but then decided to return to the bus and throw the drink at the driver.

She was arrested and charged with assault and obstructing police for giving a false name.

JOE LOFARO/METRO



Strong flu strain spreads on buses

Warning. Some 235 lab-confirmed cases likely a fraction of true local outbreak



Commuters should take extra steps on the bus to protect themselves from a virulent strain of the flu that has hit the Ottawa region, Ottawa Public Health said Wednesday.

day.
"It's extremely contagious.
In any kind of close contact

Precautions

"The recommendation is to get off the bus and wash your hands. When I used to drive, that was the first thing I would do when I got off the bus. It's common sense."

Craig Watson, Amalgamated Transit Union Local 279 president

on public transit, if you cough or sneeze, the message is to cover it with your elbow, not your hand," said Ottawa Public Health's Dr. Carolyn Pim. "If you are one to two metres from someone who is coughing and sneezing, you will be exposed."

Pim said her department is seeing more reported flu

cases than usual this season. "In terms of outbreaks, we had 11 institutional outbreaks

last year and 31 this year."
She urged those who have not yet gotten a flu shot to do so at a clinic.

The virus can survive on surfaces and if people aren't wearing gloves on the bus, that's another way they can contract it, Pim said.

"If you've been in that kind of environment and touching surfaces, wash your hands and use hand sanitizer. Avoid touching your face, eyes, nose and mouth."

Handling bus transfers in the old days, when drivers had to take them from customers, usually led to more sick days, said Craig Watson, president of Amalgamated Transit Union Local 279.

"When I was a driver then, I found that I was getting a lot sicker," he said. "In the driver population, they're doing pretty good right now. We have extra drivers in the garage each day."



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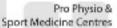
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Royal Wood brings The Glory to the NAC this Saturday

Tour finale. Singersongwriter's third time performing in city he calls 'a real gem'



JOE LOFARO

If you couldn't get enough of Royal Wood appearing on the Global-TV drama series Bomb Girls Wednesday night, he's got a real treat for those in Ottawa this weekend.

The 34-year-old Juno Award nominee will be wrapping up a tour for his latest album, We Were Born to Glory, with a stop here Saturday night at the National Arts Centre

He started doing jazz piano gigs in downtown Montreal during his undergrad years and at 23 he put out his first indie album as a Toronto resident. Quote

"I love the crowds in Ottawa and I feel like there's a real energy and respect of the arts. And that's not always the case in a town that's dominated by politics."

Royal Wood

His latest single, a catchy, up-tempo track called I Want Your Love, held a spot in CBC Radio 2's top-20 chart for at least 14 consecutive weeks.

But when he made a brief visit to the nation's capital in December, he told Metro the album, which he released last July, is as a whole much deeper and more profound than anything else he's recorded.

"There's a flood of things I hadn't worked out in my head emotionally, intellectually," said Wood. "It's just about where I find myself in my life now. I think my 20s were a blur of just reactionary living. Meeting new people, meeting girls, being on the road and just trying to have a career and things just whizzing by."

Getting married and watching his brothers have kids forced him to reflect on where his life is headed.

The track that encapsulates the introspective spirit of the album is The Glory, a powerful ballad with vocals from wife Sarah Slean lasting just more than five minutes. That song is what he intends to close his set with on Saturday

day.
"If the epitaph is being written and at the wake you get to hear something that someone had created in their life, that's one of the ones I'd want played, that's for sure," he said.

Wood performs Saturday at 7:30 p.m. in the NAC Theatre. For ticket information, visit nac-cna.ca.



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Mideast. Severity of storm shocks region

The fiercest winter storm to hit the Mideast in years brought a rare foot of snow to Jordan on Wednesday, caused fatal accidents in Lebanon and the West Bank, and disrupted traffic on the Suez Canal in Egypt. At least eight people died across the region.

In Lebanon, the Red Cross said storm-related accidents killed six people over the past two days. Several drowned after slipping into rivers from flooded roads. One person froze to death and another died after his car went off a slippery road.

In the West Bank town of Ramallah, a Palestinian official said two women drowned after their car was caught in a flash flood on Tuesday.

flood on Tuesday.

In the Gaza Strip, civil defence spokesman Mohammed al-Haj Yousef said storms cut electricity to thousands of Palestinian homes and rescuers

Refugee

50,000

The unusual weather hit vulnerable Syrian refugees living in tent camps very hard, particularly some 50,000 sheltering in the Zaatari camp in Jordan's northern desert.

were sent to organize evacuations.

The weather hit Syrian refugees in tent camps very hard. Torrential rains over four days have flooded some 200 tents and forced women and infants to evacuate in temperatures that dipped below freezing.

Jordanian weatherman Mohammed Samawi called it the "fiercest storm to hit the Mideast in the month of January in at least 30 years."

MENA also reported ten fishermen missing after their boat capsized off Egypt in the Mediterranean. The ASSOCIATED PRESS



Lebanese man clears snow in front of his shop at the mountain town of hamdoun, Lebanon, on Wednesday, BILAL HUSSEIN/THE ASSOCIATED PRESS

Second World War

Soldier's duffel bag returned 7 decades later

A U.S. man who served in France during the Second World War has been reunited with his army duffel bag nearly seventy years after it went missing.

William Kadar opened a

carefully wrapped package Tuesday to find the bag, still stenciled with his name and serial number.

The 92-year-old Kadar tells the Post-Tribune in Indiana that he last saw the bag in November 1944, a month before he was captured by the Germans.

His granddaughter says a 16-year-old French boy found the bag in his grandfather's house. THE ASSOCIATED PRESS

Family takes to sea to escape wildfires

South Australia. Milder temperatures reduce danger, but scores of blazes still burn

Record temperatures across southern Australia cooled Wednesday, reducing the danger from scores of raging wildfires but likely bringing only a brief reprieve from the summer's extreme heat and fire risk.

Australia had its hottest day on record Monday with a nationwide average of 40.33 C. Four of Australia's hottest 10 days occurred in 2013. "If you look at its extent, its duration, its intensity, it is arguably the most significant in Australia's history," said David Jones, with the Bureau of Meteorology.

No deaths have been reported from wildfires, but around 100 people haven't been accounted for since a blaze destroyed about 90 homes in Dunalley, Tasmania.

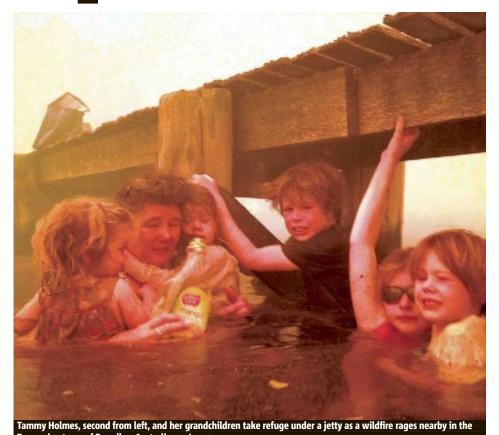
Survivors have told stories of swirling flames, toxic fumes and desperate escapes.

Tim Holmes fled his burning home near Dunalley on Friday with his wife, Tammy, and five grandchildren, aged 2 to 11, and took shelter in the sea beneath a wooden jetty.

"The difficulty was there was so much smoke and embers and there was probably 8 to 12 inches of air above the water," Holmes told Australian Broadcasting Corp. television.

Broadcasting Corp. television. "So we were all just heads; water up to our chins just trying to breathe because it was just — the atmosphere was so incredibly toxic," he added.

The fires have been most devastating in Tasmania, where at least 128 homes and more than 80,000 hectares have burned. Hundreds of people remain at evacuation centres. THE ASSOCIATED PRESS





Destruction

Firefighters were battling around 200 fires across Australia's southeast. The risk from fire is expected to increase later in the week as temperatures again rise.

- Victoria. A fire injured six people, destroyed nine homes and caused the evacuation of a farming community.
- New South Wales. Firefighters were battling 141 fires, including 31 that had not yet been contained.



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No Governor General? No Friday meeting, Chief Spence affirms

Hunger strike. First Nations leader calls on Queen to help get David Johnston in Friday meeting

Attawapiskat Chief Theresa Spence abruptly changed her mind Wednesday, refusing to attend Friday's hard-won First Nations meetings with the federal government because Gov. Gen. David Johnston isn't planning to be there. Spence — whose monthlong protest on Victoria Island was predicated on winning a meeting with both Johnston and Prime Minister Stephen Harper — said she's written to Buckingham Palace to enlist the help of the Queen.

Social-media speculation that Johnston might change his mind was scotched Wednesday afternoon by a spokesperson for Rideau Hall: "As previously stated, the Governor General will not attend Friday's meeting. This has not changed."

Spence has been camped out on an island in the Ottawa

River since Dec. 11, subsisting solely on fish broth and medicinal tea in hopes of convincing Harper and Johnston to sit down with First Nations leaders to discuss historical treaty rights.

Spence wants Johnston present at the meetings because the talks are supposed to focus on the treaty rights that were established by the Royal Proclamation of 1793, issued by King George III.

"We have sent a letter

"We have sent a letter to Buckingham Palace, requesting that Queen Elizabeth II send forth her representative, which is the Governor General of Canada," she said in a statement.

A spokesperson for Johnston has said he would not attend the sessions on Friday because the gathering is a working meeting with government on public-policy issues.

The precise issues have yet to be defined. Some clarity was expected Wednesday from Shawn Atleo, national chief of the Assembly of First Nations, but that news conference was rescheduled for Thursday shortly after Spence pulled out.

THE CANADIAN PRESS

Idle No More

Enlisting social media

Social media has become a teaching tool for many, and one Alberta student is delving into how it can help teach and inspire an entire culture into action.

University of Alberta Native Studies student Kirsten Lindquist has launched a research project that looks at

the role social media plays in indigenous scholars' work, but has also been following the Idle No More movement with great interest.

Lindquist said that social media, particularly Twitter, has helped Idle No More spread across the country by making it more accessible and relatable to both indigenous and non-indigenous persons.

LAURIE CALLSEN/METRO



Killer whales fight for their lives in northern Quebec

Orcas surface for air in a small hole in the ice near Inukjuak, Que., on Wednesday. The community, in Quebec's Far North, wants Ottawa to deploy an icebreaker to free about a dozen of the whales cornered under a vast stretch of sea ice. Locals say the mammals have gathered around one hole in the ice — slightly bigger than a pickup truck — in their desperate bid to get oxygen. Mayor Peter Inukpuk believes a sudden drop in temperature recently caught the pod off guard, leaving them boxed in under the ice.

MARINA LACASSE/HANDOUT/THE CANADIAN PRESS

Hudson Bay. Stranded hunters save rescuer from sinking helicopter

Two seal hunters who were stranded on an ice floe near the west shore of Hudson Bay ended up rescuing their rescuer.

Capt. Jill Strelieff with 1 Canadian Air Division says the rescue helicopter landed on the ice floe, but because of its weight, it broke through the ice.

She says the two hunters pulled the pilot out of the partially submerged helicopter.

Then two search-and-rescue

technicians parachuted down from a Hercules to help the three.

A Griffon helicopter from Cold Lake, Alta., transported the hunters, the pilot and the two search-and-rescue technicians to Arviat, Nunavut.

Mounties say the hunters and the pilot are being treated for hypothermia and their injuries are not as bad as first feared. THE CANADIAN PRESS

Worthy investment. Poll shows Canadian support for arts and culture

An overwhelming majority of Canadians believe arts and culture is worthy of government support, according to the results of a poll commissioned by Canadian Heritage. When asked: "How much

When asked: "How much importance do you think governments in Canada should place on supporting arts and culture in Canada?" 39 per cent chose "a great deal," while 48 per cent chose a "moderate

National poll

57%

About 57 per cent of Canadians polled said they were personally involved in an artistic activity during the past 12 months.

amount." Nine per cent said "not very much" and three per cent responded "no importance at all." THE CANADIAN PRESS

Medicine. Falsely positive spin put on many drug trials, new study suggests

Not all patient drug trials published in even the most prestigious of medical journals can be taken as gospel, say researchers who have found a high proportion of "spin and bias" in the reporting of results.

bias" in the reporting of results.
Researchers at Princess Margaret Cancer Centre reviewed
164 breast-cancer trials. They
found that in studies that
reported no real benefit of
treatment, a large proportion

focused on less important outcomes to give a more positive spin to results.

Of 92 trials that had negative primary outcomes, about 60 per cent used some secondary measures, "often trying to make the study look positive, though it really was not," said medical oncologist Dr. Ian Tannock, who led the study published this week in the Annals of Oncology. THE CANADIAN PRESS

metronews.ca Thursday, January 10, 2013 metr⊕

Botched probe must spark change: Lawyer

Soldier suicide.

Investigation designed to absolve military, retired colonel argues

The pain endured by the family of an Edmonton soldier who killed himself should be used as a springboard for changes to the treatment of veterans and their loved ones, the family's lawyer said Wednesday.

investigations into the 2008 suicide of Cpl. Stuart Langridge were handled in an inept manner, retired colonel Michel Drapeau told the Military Police Complaints Commission hearing.

After eight months of work and 92 witnesses, the hearing ended Wednesday, with Drapeau and lawyers for the government pressing their cases for a final time.

The public interest hearing was convened following com-

"It has created an extra layer of pain ... that was preventable ... had a modicum of transparency, accountability and basic compassion been displayed."

Retired colonel Michel Drapeau on investigations into the suicide of Cpl. Stuart Langridge.

plaints from Langridge's family that the investigation into their son's death was biased and designed to absolve the military.

Langridge, a veteran of Afghanistan and Bosnia, hanged himself in March 2008 following treatment for drug-andalcohol addiction in a civilian hospital.

The inquiry heard how military police concealed Langridge's suicide note from his parents for 14 months, claiming it was evidence in a suspicious-death probe.

The National Investigation Service has acknowledged it mishandled the note and has improved its procedures since, said Korinda McLaine, lawyer for the federal government.

"Although it may be tempting to look back on the investigations with the perfect lens of hindsight, that would not be fair to the subjects in this com-

There were also conflicting claims about whether the troubled soldier was on a suicide watch prior to his death. If so, the military would have been liable for his death.

The inquiry also heard how the final military police report into the death was heavily rewritten and censored.

All of this was to protect the military, not respect Langridge or his family, Drapeau said.



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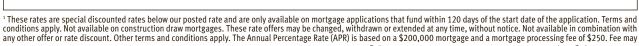
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Hearing date set. Alleged murderer Luka Magnotta returns to the courtroom

shackled Luka Rocco Magnotta remained impassive as he made his first court appearance since last June, when he pleaded not guilty to a firstdegree murder charge in the gruesome slaying of a Montreal university student.

Lawyers set the stage on Wednesday for a preliminary hearing beginning March 11.

The hearing, which will determine whether the 30-yearold Ontario native is sent to trial, is scheduled to last at least two weeks and possibly resume

Magnotta is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin last May.

Most of the contents of the hearing cannot be revealed because of a publication ban.

Magnotta faces other charges: committing an indignity to a body, publishing obscene material, criminally harassing Prime Minister Stephen Harper and other members of Parliament, and mailing obscene and indecent material.

He is accused of mailing Lin's body parts to different places, including the Ottawa offices of the Conservative Party of Canada, the Liberal Party of Canada and two Vancouver schools. THE CANADIAN PRESS



artist rendering of alleged killer Luka Rocco Magnotta in a Montreal c

Newtown shooting

Obama to take drastic action on qun control: VP

U.S. President Barack Obama intends to take serious action on gun control, even if it means circumventing Congress and issuing executive orders to do so, Joe Biden suggested Wednesday.

"The president is going to act," said the vice-president, who's heading a task force

on gun control. Last month's mass shoot-

necessitated "immediate, urgent action," Biden added.

Obama hopes to announce his administration's gun reform measures shortly after his inauguration on Jan. 21.

The inaugural weekend festivities might be disrupted by a coalition of conservative and gun-rights groups organizing a "Gun Appreciation Day" on the weekend of the inauguration. The group is calling on people to visit gun stores, gun ranges and gun shows with U.S. flags and "Hands off my gun" signs. THE CANADIAN PRESS

ing in Newtown, Conn., has

Lump it! Half of Canucks contribute to RRSPs all at once

March 1 deadline. But stress of saving would be reduced by putting aside smaller sums throughout year, new survey finds

Canadians who are stressed about the annual RRSP deadline are not alone, according to a new study that found 60 per cent of respondents feel anxious about coming up with the money for their retirement savings.

And almost half of respondents to the survey — 49 per cent — who make an annual RRSP contribution do so in a lump sum, said the Bank of Montreal study released Wednesday.

The uneasiness around the March 1 deadline is understandable when Canadians have to deal with other financial priorities, said Marlena Pospiech, senior manager

Market Minute DOLLAR

101.25¢ (-0.10¢)

12,522.24 (+17.43)

\$93.10 US (-5¢)

GOLD \$1,655.50 US (-\$6.70)

Natural gas: \$3.11 US (-10.5¢) **Dow Jones:** 13,390.51 (+61.66)

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"If they haven't saved regu-larly it could be really hard, especially coming out of the holiday season and if they have racked up a lot of debt over that time," Pospiech said. The BMO study also found

uted to a registered retirement savings plan in 2011 was \$4.670. Putting aside just under \$400 a month in a continuous savings plan for an RRSP would generate that amount.

that 54 per cent of those surveyed would feel less stressed if they made regular RRSP contributions throughout the year to meet the deadline.

BMO said contributing even a small amount — a few hundred dollars — to an RRSP is better than nothing at all. "If they don't have the full amount, that should not stop them from making a contribution," Pospiech said.

"Any little bit helps be-cause of the tax-deferred compound growth. It makes their money work a lot harder for them rather than having it just sitting." **The Canadian Press**



You are not alone - cat allergies are one of the most common forms of allergies in the United States and Europe. As you know, the symptoms can significantly reduce your quality of life. The sneezing, itchy and burning eyes and skin, and stuffy or runny nose can be unbearable. You may have even tried multiple different treatment options with no improve-

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helps reduce the symptoms associated with cat allergies.

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metr⊕ **VOICES**

IT'S ALL IN THE GAME - TIME TO MAKE UP



Yes, yes: I'm deeply shocked that people who make a lot of money are greedy, especially professional athletes and corporate owners, two groups that have such a strong record of

selflessness.

Now pipe down. The game's on.

I'm unequivocally, unapologetically ecstatic the NHL is back from its four-month lockout. This apparently makes me a sheep, according to many bitter fans and newspaper columnists. Baa, baa, go Bruins.

I suffered as much as the next person — my local bar replaced hockey with '80s karaoke — but I know that any ill feelings will melt away for me as soon as the puck is dropped.

If you're still bitter, you at least have some goodies coming your way. The NHL knows it has some making up to do and has announced a series of initiatives to help win back fans who are sore with the league. I've obtained a copy of their game plan, highlights of which are printed below.

NHL Fan Redemption Program: Don't Look Back in Fan-ger

Keep the goodies coming

Fans to get premium interest rates for any loans used at games to buy hotdogs and beer.

• "Thank you, fans" messages plastered throughout league will have not one, not two, not three but FOUR exclamation points, to show it's not hollow. They will be placed not just on the ice but also in other places where they can be easily viewed, such as on the

seats in Phoenix.
• Ilya Bryzgalov, Tim Thomas and Paul Bissonnette to lead league-wide seminars on dealing with the media.

• The league hopes to put a positive spin on the work stoppage with a free download of Stompin' Tom Connor's little-heard Hockey Related Revenue Song. ("Hello out there, Bettman and Fehr; it's lockout night tonight. The Make Whole's closed and the pension grows, but the NHL's on

• Fans to get premium interest rates for any loans used at games to buy hotdogs and beer.

• The NHL will expand further to Corpus Christi, Texas, and Mobile, Ala., so that the current expansion teams don't seem so ridiculous. Other possibilities include Mexico, Japan

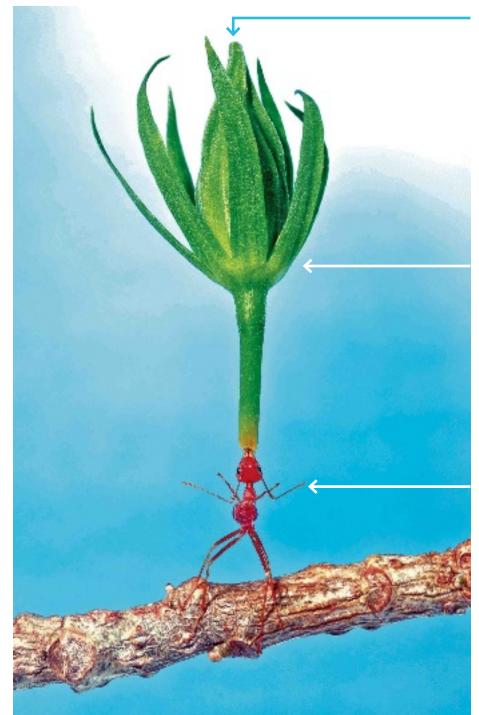
and the molten-hot core of the earth. Anything but Hamilton.

• Half-price coupons for the season-ticket holders in Anaheim: specifically, David and Jennifer Boyd of 1058 Sunnyside Ave., Anaheim, Čalif.

• Make NHL Centre Ice free, UNLESS revenue is less than \$2.2 billion this season, in which case part of an NHL Centre Ice fund will go into escrow, which would then be distributed to Make Whole production costs, provided fans don't decide to file a disclaimer of interest, in which case ...
• Gary Bettman leaving NHL to take over NASCAR. His first

goal will be to expand the sport into blue states and Canada.

Straight from the ant's mouth



Mighty balancing act

Insect shows off towering feat

This red ant puts on a show of incredible strength and balance as it lifts a large flower bud above its head. The insect stood on its hind legs and balanced the green shoot with its mouth as it sauntered across the tree branch. Photographer Lessy Sebastian, 48, spotted the ant near his mother's house in Jakarta, Indonesia. METRO WORLD NEWS

This bud's for you



"I got the idea to replace one of the leaves they

were carrying with a little flower bud."

Lessy Sebastian, photographer.

Sebastian intentionally added the flower bud to the pile of leaves the ants were gathering and sat back and waited for one to pick it up.

Ant facts

- Legendary strength. A leafcutter ant can carry a leaf 50 times its body weight.
- As old as dinosaurs. Harvard scientists estimate that ants first arose in the mid-Cretaceous period - about 110-130 million years ago.
- Population. Experts reckon ants number up to 10 quadrillion (10,000,000,000,000,000) - more than 140,000 times the human population.

Say your piece

Which token will lose its Free Parking spot?

The gig is almost up for one of the eight Monopoly tokens. But which will it be? Iron? Thimble? Top Hat?

Or another of their board-game buddies?

Hasbro is holding a Facebook contest to eliminate one of the eight tokens

that identify the players and introduce a new one. Possible new tokens include a cat, diamond ring, guitar, toy robot and helicopter. So if you are tired of the iron token and would rather be represented by a robot, here's your chance to make 99 111 those wishes known. Facebook fans of Monopoly can vote on which piece to elimin-

ate and which one to

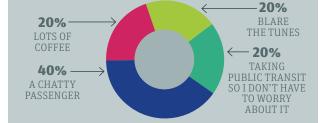
add. The voting ends

Feb. 5. THE ASSOCIATED PRESS

Panel

Register at metropolitanpanel.ca and take the quick poll

One in 24 U.S. adults have admitted to falling asleep behind the wheel. What's your best tip for staying alert on the road?



@TScottttt: Laccidentally applied..and got accepted into a school in ottawa #interesting #decisions

@GeeGees12:

Picked Ottawa native @Brad-Fritsch in my Golf Channel fantasy!!!!! By far best pick in group 4. Bring'er home!!! #OttawaGolf #PGATOUR

@nadiao1201:

Feels like spring out here! #lovin-

git #Ottawa

@StraightFromTHM: • • •

I hope Rogers/Bell have to pay unreasonable cancellation charges for terminating Burke before the end of the contract.

@BonksMullet:

Like a vulture picking up scraps. RT @DHSpeedwagon I'm looking forward to the Sens firing Bryan Murray so Burke can go win a cup in Ottawa.



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Autumns Cannon tortoises, not hares, of music world

Child's play? Band prepares to release their debut album, Open Letter, through 604 Records



BACKSTAGE

When it comes to making a career out of music, the guys in Ottawa five-piece Autumns Cannon know it's a marathon, not a sprint.

More than two years after

winning \$150,000 through the LiVE 88.5 Big Money Shot, the band is just now getting set to release their debut album, Open Letter.

Bass player Mark Laforest says, when Autumns Cannon battled in the band competition back in 2010, they were relatively new and, therefore, had to start from scratch.

"All of the guys in the band have been around for a long time doing different things, but Autumns Cannon as a unit had only been around for about a year at that point, so we had to get all of our ducks in a row," he says.

That meant writing and recording their debut album and negotiating a management deal with Jonathan Simkim, head of Simkim Artist Management and part owner of 604 Records, which Autumns Cannon has also recently been signed to.

And though they say they now have a great support sys-tem behind them, Laforest says the band is still responsible for mapping out their own blueprint.

"People think that when you get a manager or a label, you just sit at home, waiting for the phone to ring. It's really not like that at all. We still have to make up and execute our game plan," Laforest said.

For Open Letter, the mem-

Autumns Cannon with special guests Farewell Davidson

- When. Friday at 8:30 p.m.
- Where. The Black Sheep

Inn (753 Riverside Dr., Wakefield, Que.).

Tickets. \$7 in advance through blacksheepinn.

bers of Autumns Cannon wrote more than 30 songs working with, among others, Gord Sinclair of the Tragically Hip and Steve Bays of Hot Hot Heat.

Ten songs have now been finalized for their debut offering to be released this spring. Until then, the band will release singles and videos to

build hype. For Laforest and the rest of the members of Autumns Cannon, taking the time to get it right the first time is a crucial part of the band's game plan. "We have laboured over

this for a long time, but you don't get a second chance at that first impression.'

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Downtown Moves is an urban design and transportation study that identifies ways to create vibrant, safe and accessible streets for pedestrians, cyclist and transit riders by pursuing a balance among street users and improving the streetscape environment.

Need more information? Visit .ottawa.ca/downtownmoves or contacts

For more information, contact:

narer Street West 8, ON Ks1 sPs 3-580-2424 ext. 25290 (3-580-2459 downtown

Information Services 3-1-1

Before the Blahniks, Bradshaw had a bestie

The Carrie Diaries.

Canadian actress Ellen Wong is set to get Carried away as the young pal of one of New York's finest

ELIZABETH BEDDALL

So, much like the young Carrie Bradshaw in your new show The Carrie Diaries (played by AnnaSophia Robb), you've recently been bouncing back and forth between New York City and your hometown (Toronto). Is there a location you prefer? At this point in my life, I love being in New York. I'm being introduced to an amazing city that oozes with creativity and vibrancy and I'm learning more about myself creatively, being there. And also getting to work on a show with so many amazing people ... I love it.
It's almost like my second

home. But Toronto, I always say that my heart lives there. Every time I come back, it's like I don't need to adjust to anything, I'm just home.

In the show you play a young Carrie Bradshaw's loyal, bright and hard-working high school pal Jill "The Mouse" Thompson. Are there similarities between you and your character?

Advertising

Shatner joined by **Cuoco on Priceline**

William Shatner is getting a new Priceline commercial co-star: Kaley Cuoco of CBS' The Big Bang Theory.

Mouse mellows out

"I'd like to see her loosen up a little bit as the series goes on, to just go with the flow." Ellen Wong

That's one of the main reasons I'm drawn to the show. Because I felt like I related to the character very much. But

I also saw a chance to play a

character that I never really

saw on TV growing up. I'm playing a girl oscillating between two worlds — she has Chinese parents so her world at home is different than the world that she goes to school and exists in with her friends. So she's trying to find a place that fits

Were you a big Sex and the City fan in its heyday?

for her.

I actually started watching the series after we shot the pilot. It was a fun project and I watched the entire series over the summer. It was the best way to watch it because I wasn't having to wait week to week to see what was going to happen next.

So every girl likes to align herself with a character. Are you a Miranda, Charlotte, Samantha or Carrie?

Sometimes I feel like I always give a different answer

In an upcoming campaign for the online travel services company, Shatner's Negotiator reveals he has a daughter, played by Cuoco. She's been schooled since childhood in the art of what else? — deal-making and now is ready to join dad in pitching Priceline.

because I've thought about it so much. What I loved was that there weren't really the stereotypical archetypes in the show — each of the characters had their own thing but were also very related. What I really liked about

the show was that I was able to identify with each of the characters. And that was similar with the Carrie Diaries. You have all these people with unique attributes but then they also are growing up and trying to figure out their lives together and you can relate to all of them.

Fashion and this franchise go hand in hand. So if Mouse was catapulted to the future and became an actual character on Sex and the City, what would her wardrobe look like?

I think she would have more flair because I think right now she's very conserative and practical. Which is fine and it's who she is now. I'd like to see her loosen up a little bit as the series goes on, to just go with the flow. Maybe soft, silky pieces, but still conservative and closed up ... just a little bit more of a risk taker here and there with more colours and different lines.

At what store would she max out her credit card? I see Mouse as someone who

would end up very worldly, so maybe she would get her wardrobe from all over the world.

The 27-year-old Cuoco said Shatner, 81, has made Priceline "cool," but the company wanted to update its message for younger

Cuoco said she and Shatner taped two spots for the ad campaign that begins Jan. 14. THE ASSOCIATED PRESS



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After another fight Gomez is 'done' with Bieber

Justin Bieber has been having a turbulent 2013 so far, and it may all stem from his failed attempts to patch things up with Selena Gomez. The pair reportedly embarked on a New Year's getaway to Puerta Vallarta, Mexico, but Gomez left

before any champagne bottles could be opened, according to Us Weekly. "They had another huge fight, and Selena won't forgive him," a source says of Gomez, who flew home Dec. 30. "Selena is done with him."



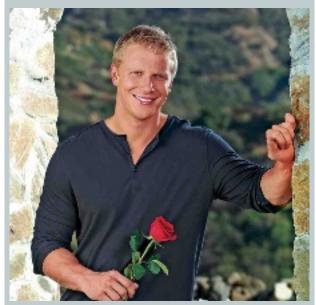
Gosling's mom given key to Eva Mendes' closet

Ryan Gosling's girlfriend, Eva Mendes, didn't make it to the Gangster Squad premiere earlier this week, but some of her stuff did at least. "My mother's wearing all my girlfriend's clothes," Gosling, who brought along mom Donna as his date, told E! News. Donna, donning a short dress and elaborate trench coat, confirmed, "I'm wearing Eva Mendes. She let me raid her closet."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



An opinion on what The Bachelor is really thinking



THE WORD Dorothy Robinson scene@metronews.ca

In Touch magazine has "exclusive pics" of the "sexiest bachelor ever" in this week's edition. The mag shows this season's star of The Bachelor, Sean Lowe, with his torso wrapped in a blue towel as he channels his inner Angelina in an undisclosed shower somewhere.

After he covered up, he gave an insightful interview to the magazine. (Just kidding! It was a totally generic chat!) Lowe, who is a former linebacker and

works as an insurance salesman, says he is "very hopeful that I'll meet a great girl" on the show. "I would love to get married. I'm absolutely ready for love."

As he whittles down the pool of 26 single, desperate women to his one true love on national television, he has an idea of what he is looking for. "She has to be genuine, want the same things I want, and have a great sense of humour," he says.

Just for once, I wish these guys would speak the truth: "I'm looking for someone who is as fame-hungry yet dim-witted as I am, who will pretend to be my girlfriend for the allotted time our contract spells out. She should also be skinny and look like a professional dancer from Reno. Not eating my arm in my sleep due to starving herself through most of her 20s is also a bonus."



Lohan's mother blames Lindsay's dad for their daughter's problems

Dina Lohan says all of daughter Lindsay Lohan's problems can be blamed on Michael Lohan being an awful husband. "Lindsay saw her dad abuse me. That's why she's so screwed up," Dina tells the New York Daily News. "She saw a lot of crazy stuff. I want the world to know the root of her problems." Michael, for his part, refutes the claims. "She's bringing this up now because she's drinking and partying with Lindsay," he says. "And she keeps robbing Lindsay. She is the devil."

Twitter



I bet you wanna know what Im all about



Sethrogen

They may have made a disgusting mockery of news media as we know it, but Fox has put together one hell of a Tuesday lineup.



@RebelWilson

I got dressed in the dark this morning (weirdly, I look better than usual...maybe I should cut off the electricity more often?)



@SethMacFarlane

Just want to point out that the dinner party in "The Hobbit" is the same length as an actual dinner party.

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DOUBLE DOUBLE EVENT



metronews.ca Thursday, January 10, 2013 16 **STYLE**

Will, here I am!

Oh, this right here?

When Will.i.am. gets dressed, he wants you to notice his clothes and gadgets too. He talks techcessories, Kanye West and Japanese fashion.

RICHARD PECKETT

"It's like warp speed now and BOOM! It's pretty excit-ing." That's how Will.i.am describes taking his i.am+ iPhone accessory from conception to the shop floor in just seven months. We're sitting in a recording studio in London talking about his love of gadgets and fashion, which, by the way, hasn't gone unnoticed amongst his music pals.

DJ David Guetta describes him as "a bit of a crazy scientist who has difficulty with only doing one thing at a time." So true. Right now, his long list of side projects in-clude appearing as a judge on Britain's version of The Voice, an album with Guetta and a X-Factor-style television show that he plans to release in late

What were you trying to achieve with the i.am+ project?

Let's take a tourist with their camera and their sense of odyssey, documentation and pleasure and turn this into a cool, wearable camera. It's an iPhone case that actually serves a functional purpose — it's phone, func-



Will.i.am's foto.sosho is being marketed as the world's first digital camera and app combination for the iPhone 4s and iPhone 5. It transforms phones into a digital cameras with photo filters, image editing and instant social media

tion and fashionology. Personalization, customization and rare oddities are the season right now. You can have anything right now, but what about limitation and exclusivity? You don't want to go all the way Steampunk because Steampunk is like super, super, super, dooper rare. What I mean is, the design has to pay tribute to limitation and functionality.

A lot of celebrities branch out into design and fashion, why do you think it's becoming so commonplace?

You want my honest opinion? Their manager told

them that they could make some money here.

Like who?

I don't want to put people under a bus.

What do you think of Kanye West's line?

Kanye, I see his passion and I understand his passion. He's going to figure it out.

Is that your way of saying his clothing line still needs some work?

No, Kanye's game is that he wants to design. He's saying, "I want you guys to see my stuff." That's dope, right? He's not playing the usual

(celebrity) game — he's passionate.

Would you buy any of his designs?

Yeah, because I like going for treasures. I want people to say, "Where did you get that?" "Oh, this right here? This is one of Kanye's pieces." I got it. They're conversation pieces.

Speaking of conversation pieces, you collaborated on a collection with the Japanese label Rynshu. How did you discover the line?

I was that guy who said, "Where did you get that? Rynshu? What the hell's Rynshu? Can you text it to

What kind of guy wears Rynshu?

Tech-savvy, fashion-forward people. Invisible tastemakers.

Sounds like you. You've had a few different looks over the years. How do you know when it's time to change it

When you see this silhouette (points to himself) out multiple times on people that you probably wouldn't want to hang out with. That's why I hit up Rynshu, Loveless, Verbal and Yoon in Japan. I go to all the little cool spots that are rare enough, so I don't look like everybody else. I need to have some oddities, dude!

How would you describe

your look at the moment? Short in the back, long in the front, draping on top and skinny on the bottom with big shoes.

THE MAN'S MANY **LOOKS**

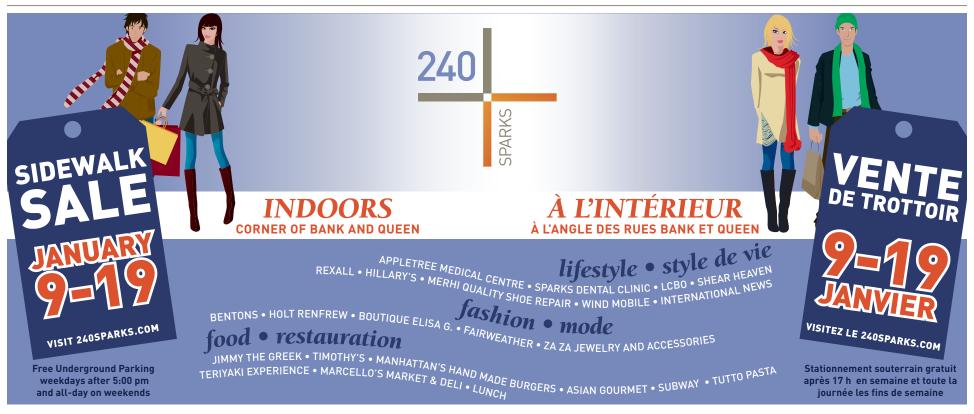
If each outift were a song, what would Will.i.am call it?



"I'd call that one Ghetto Egypt. It's fit but loose. I like different shades of black and gold. Right now, all the kids are rocking two chains, so I'm rocking five."



"I'd call this look, Peace. (Laughs) Err, we were being fun and young. No ... no, I wouldn't wear that now."





Battery recycling finally an easy task

How do I recycle batteries? -Lucy, Burnaby



OF GREEN

Remember when we were kids and batteries went in the trash? Like everything. Then remember when we found out that batteries were actually household hazardous waste and that they really shouldn't be in landfills at all?

So you saved batteries until vou had a drawer full — with the best of intentions to recycle them — only there was nowhere to make good on your benevolent desire. When the drawer couldn't close, they got dumped in the trash anyway.

That was in what, the late 1990s? It's taken a little while for the infrastructure to catch up to the knowledge, but battery recycling in the year 2013 is finally simple! The statistics

corroborate this — the percentage of batteries being recycled is rising steadily.

Join the club! Get on the bandwagon! It's easy!

Free battery collection sites are now commonplace across Canada. This is due in no small part to the battery and cellphone recycling organization Call 2 Recycle, whose drop boxes have popped up in hundreds of recycling depots, retail locations, community centres and non-profit offices across the country.

Punch your location into Call 2 Recycle's interactive map and be amazed by the recycling ease in your commun-

Here's the catch: in some provinces non-rechargeable batteries are not accepted. So what are you to do with those single-use alkaline batteries? Or if you are one of the folks on the final frontier, with no obvious battery drop boxes in your neighbourhood?

1. Do not throw the batter-

Visit municipal and provincial websites to find resources for recycling not just batteries, but all sorts of lessthan-desirable waste items.

Of course, the fewer batteries we use, the fewer batteries we need to dispose of. Minimizing waste production is the place to start.

Choose non-electronic alternatives whenever possible. The average Canadian uses six wireless products in his or her daily life. Imagine the difference cutting one of those would make.

When batteries are required, choose re-usable (and consequently recyclable) op-

Maximize your investment by following manufacturer recommendations to extend battery life. Simple measures like properly charging batteries before initial use and avoiding falling into a "continuous charge" habit will keep you operational for longer!

Take a look, it gets messy in there

Dear Mr. Butler, Now that the holidays are over and my extended family is gone, I noticed that the inside of my microwave oven is a bloody mess. How do I clean the inside of my microwave oven? Because I live alone and am always very careful, I have never needed to clean the inside, even after 10 years of use, but now that others have made

a mess of it I don't know



what to do.

CHARLES THE BUTLER

Cleaning the inside of the microwave oven is important to do on a regular basis, as we don't necessarily see dirt or food particles, but build-up of these items will happen on the inside of the unit and therefore needs to be cleaned regularly.

First, you should always read the instruction manual for your particular micro-



wave oven and follow their

Secondly, I have boiled water on high for four to five minutes, this has given me enough steam inside the microwave to loosen any food items

Once you have "steamed" the inside, a good wipe with a wet sponge with a little PH neutral dish soap will do wonders. Don't forget, once you have washed and wiped out the inside, to rinse it with a fresh, clean cloth of warm water and dry with a tea

Lastly, I have tried the commercial microwave cleaners. These are packs that you buy at the grocery store and steam inside the microwave.

They have a cleaning solution that is released and you wipe down the inside of the microwave in the same way

I personally have not found these necessary, as the boiling water trick works perfectly for me. But there are your solutions, let us know how it goes!



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metronews.ca Thursday, January 10, 2013 metr⊕ **TABLE**

SPECIAL INFORMATION FEATURE

The green mango salad at Siam Bistro, which is located at 1268 Wellington St. W. SAMANTHA EVERTS/FOR METRO

Add spice to your winter doldrums at Siam Bistro

Siam Bistro has figured out how to keep the fire burning with exotic Thai food in an unassuming spot on Wellington Street West.

For true heat-seekers, a spice legend runs from mild to "suicide." A charming waitress dressed in traditional fuchsia and gold dress led us to our

Often, you get the same sad pad thai at takeaway joints around the city, which isn't the case here. Quality ingredients and herbs are fresh and carefully prepared.

Obviously favoured by Ottawans for the reasonable prices, the restaurant was packed, meaning it took about 30 minutes to get our first dish. The green mango salad was surprisingly hot for a fruit salad, with shredded green mango making for a pleasant burn of heat in the tangy juice dressing with flecks of red chilies

immediately. We were pleasantly shocked at the size and juiciness of the shrimp that topped it. Next up we ordered the

Gang Garee Gai, a coconut chicken and potato dish with a sauce that was almost dessert-like in the richness of warm spices. The chicken was stewed in a red curry sauce and was fall-apart tender, though some slivers of red peppers were added for that extra textural and sweet crunch.

A small pot of white rice in a beautifully decorated Thai bowl with cover to keep warm was served alongside, but we have a feeling the delicious spice-infused dishes will perfectly kick up the heat for your next visit. Highly recommended.

Siam Bistro is located at 1268 Wellington St. W. For more information, see siambistro.com.

SAMANTHA EVERTS

3 cheers for a new pub

Microbrewery.

The 3 Brewers features small-batch artisanal brews made fresh



O'REILLY

After much anticipation, The 3 Brewers, Ottawa's newest brew pub, finally opened its doors this week at 240 Sparks

The company was originated by a family of brewers in 1986 with the first establishment opening in Place de la Gare a Lille in northern France and now boasts approximately 30 locations overseas. In 2002, The 3 Brewers launched its Canadian flagship store on Rue Saint Denis in Montreal. The European brasserie-feeling establishments with small-batch artisanal brews made fresh in-house have been wellreceived, to the point where there are now 10 brew pubs in Ouebec and Ontario, with expansion plans for new locations in Toronto, Quebec City, Oakville and Kanata.

The Sparks Street brew pub is an airy and expansive 280-seat restaurant on two floors with a 120-seat patio set to go in the spring. Eyecatching copper, old wood and brewing paraphernalia tastefully set the tone, showcasing shiny new brewing equipment throughout both levels.

They have some really great ways they present their brews, including an impressive "Metre Of Beer" paddle, which holds 10 half-pints, two special bottled beers (that I will be back to try at another time), and the popular shareable pitcher format.

I started my journey off on the opening night with a



six-sample "Et Cetera" tasting paddle to acquaint myself with their four standard brews, their seasonal offering and their newest beer of the month. The following is a quick rundown of what to expect.

The Blonde (5.2 per cent alcohol by volume) is nice, light and slightly fruity sweet that is very accessible; the Amber (6.2 per cent ABV) is an easygoing well-defined "caramely" ale; the White (4.7 per cent ABV) is a cloudy, pale wheat beer with refreshing banana/ clove citrus punch; the Brown (4.8 per cent ABV) sports delicious aromas and flavours of roasted malts, chocolate and coffee; and the robust seasonal Winter Warmer (9.2 per

cent ABV) displays interesting

notes of plum, raisin, Belgian candi sugar, anise, chocolate and spice.

I was particularly intrigued by the beer of the month offering, which is part of The 3 Brewers' Canadian master brewers challenge. Each of the Quebec and Ontario brew pubs created a special new signature brew, inviting guests to vote on their favourites in a friendly competition. Ottawa's entry, The 240 Sparks Wheat, is a neat take on a relatively new style — hopfenweisse showed promising and interesting results.

The 240 Sparks Wheat Beer (4.5 per cent ABV) pours a cloudy, "yellowy" orange, almost like pulpy orange juice with a billowy, white

foam cap. The nose surprises with a massive spicy citrus Amarillo hop bouquet that overshadows the typical wheat beer aromas you may originally be expecting.

Rich flavours of orange, mango, lemon, bubblegum and pineapple playfully dance with a pronounced tangy, hop bitterness and bite that balances very well and suits the thick, rich, smooth wheat body of the beer. It is full bodied and well carbonated with a welcome subdued lingering finish.

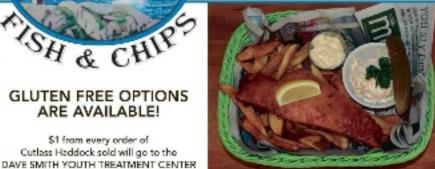
This beer is definitely

worth a try ... and a vote. The 3 Brewers/Les 3 Bras-

seurs Restaurant/Microbrewery is located at 240 Sparks St. at Bank Street. For more, see the3brewers.ca.



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Top cheesy to-dos for 2013



Do you want to nibble on more cheese during 2013? How about appreciating cheese more? Spread these events and ideas on your calendar this year.

Check out Milkhouse Dairy, Ottawa region's newest raw sheep's milk producers, Cait and Kyle from Smiths Falls. Sheep Tomme and fresh feta won't be ready until summer 2013, but will be well worth the wait. I have met and milked one of its star sheep, Brigitte — you are in for a treat.

2 Take a road trip to La Belle Province. You can travel to Montreal and back in a day and check out about five to seven cheese stops along the way, including Le Troupeau Benit, Fromagerie de la Table Ronde (think Fleuron), Fromagerie de la Swisse Normandie, and Fromagerie Montebello, just to name a few.

Curd appreciation

"Visit an artisan cheese factory (call first, these are busy folks) or participate in a cheese-makerfor-a-day workshop at Glengarry Fine Cheese. The experience will increase your appreciation for the stunning curd we have access to in Canada, and never again will you be the one asking why artisan cheese is more expensive."

Bored with your boards? Spice things up with the hottest cheese boards around Ottawa from Joseph Henri, most often found at the Ottawa Farmers' Market.

Watch for a new addi-4 tion to Glengarry Fine Cheese's lineup of stellar artisan cow's milk cheeses. Nevis will be making its debut around March.

Go to the Great Can-5 adian Cheese Festival from June 1-3 in Prince Edward County. Not sure what to expect? Read highlights from 2012 on its site or Savvy Company's blog. I will be speaking again, and will be tweeting (@savvyvanessa) leading up to the big weekend with insider info.

Visit an artisan cheese factory (call first, these are busy folks) or participate in a cheese-maker-for-a-day workshop at Glengarry Fine Cheese. The experience will increase your appreciation for the stunning curd we have access to in Canada, and never again will you be the one asking why artisan cheese is more expensive.

Get over yourself and try blue cheese. All you non-believers out there don't know what you are missing (close your eyes, it helps). Notable "beginner blues" include Celtic Blue, St. Laurent Blue, Bleu d'Élizabeth, and Geai Bleu.

Join one of my artisan cheese tasting classes in January, February, or March. It's a tasty way to spend an evening sampling while I show you the "whey" to learning the fundamentals of artisan cheese.

For a weekend getaway why not head to Prince Edward County. Black River Cheese (think maple cheddar), new County Cheese Company (located in the Waupoos Marina), and the Agrarian Cheese Market and Speakeasy for live music are must dos.

Spread the curd. Remember to support our six local artisan cheese producers — Back Forty Artisan Cheese, Clarmell Farms, Canreg Station and Pasture Dairy, Fromagerie Les Folies Bergères, Glengarry lies Bergères, Glengarry Fine Cheese, and Milkhouse Dairy. Most are members of Savour Ottawa and can be found during the summer months at outdoor farmers' markets all over the city and surrounding regions. Let's keep Ontario's budding cheese industry alive.

Neighbourhood Bites. The newest in entertainment dining

If you have flipped to the Food Network recently, chances are you have seen Recipe To Riches, which pits amateur chefs' recipes against each other.

Neighbourhood Bites, organized by Donna Henhoeffer, has a similar vibe, but celebrates all-local reci-

"Finally, the talent behind closed kitchen doors will be exposed," she said, be it everyone from food bloggers to aspiring chefs. "The reality is that everyone cooks at home."

The idea of pitting one of 12 neighbourhoods against the other in the winter series is part of the friendly competition. "People love cooking shows," Henhoeffer said.

She described the actual event as a live-style version with charismatic chefs showing audience members how to make the item and styling the plate for that perfect bite.

The December event featured everything from Asian fusion cuisine to traditional French tourtière for a representation of dishes as unique as the individuals who created them.

In the two 2012 events, Henhoeffer said she had a wide variety of ages (from 17 to 68), but would love to get more multicultural flare. The Wellington West winner featured a dish called Mary Had A Little Lamb Meatball by chef Chantal Albert.

"It will draw more than foodies," she said, hoping that people will make pur-chases of tasting cards to try the small-plate dining experience for a bite out before their evening plans or to relax and try all for a full meal.

Amateur cooks are encouraged to apply before Jan. 14 for the Feb. 2 event at Kichesippi Brewery (866 Campbell Ave.) from 5-10 p.m. For more information, see tabooeats.com.







Chinese New Year Traditional Food

Chinese New Year is about spending time with family, gift giving and, the all important "food-fest": Symbolic food and recipes to celebrate Chinese New Year, given the importance of food in Chinese Culture.

Traditionally, families dine together on Lunar New Year's Eve. Each dish of this evening's sumptuous banquet symbolizes wishes for the New Year.

FUN ways to celebrate during Chinese New Year Enjoy yourself, and try to wear something red - the Chinese believe red is the lucky

color and wards off evil spirits. You may also want to hang decorative red lanterns.

Give out money packets - On New Years day, children receive leisee - red packets decorated with gold symbols and filled with "lucky money". Spring Festival couplets to paste on the door, add some joyous atmosphere to the festival





Cure the winter blahs with Italianstyle Onion Soup with Poached Egg

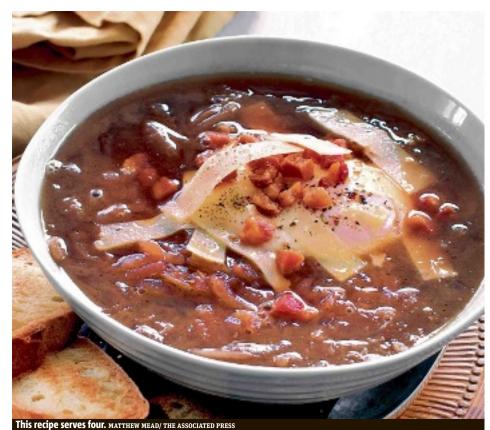
- **1.** In a large saucepan over medium heat, cook the pancetta until it is golden. Transfer it to a plate using a slotted spoon.
- **2.** Return the saucepan to medium heat. Add the olive oil and onions, then cook, covered but stirring occasionally, until very soft, about 20 minutes. Remove the cover and cook, stirring frequently, for another 35 to 45 minutes,

Ingredients

- 2 oz chopped pancetta
- 3 tbsp extra-virgin olive oil
- 3 lbs yellow onions, thinly
- 1 cup red wine
- 5 cups low-sodium beef or chicken broth
- Kosher salt
- 1 tbsp white or cider vinegar
- 4 large eggs
- 1 1/2 oz Parmigiano-Reggiano cheese, finely grated (about 1/2 cup)
- Ground black pepper
- Eight 1/2-inch-thick baguette slices, toasted

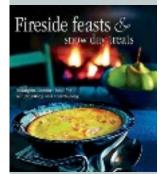
or until the onions are golden brown and caramelized. Add the wine and boil until it is reduced by half. Add the broth and simmer for another 20 minutes.

- **3.** Bring a large saucepan of salted water to a low simmer. Add the vinegar.
- **4.** Crack each egg into a small glass. One at a time, gently and slowly pour each egg into the simmering water, bringing the lip of the glass right down to the water so that the egg slides in. Depending on the size of your pan, you may need to cook them in 2 batches. Cook for 4 minutes, then use a slotted spoon to lift each egg out (letting excess water drip away).
- **5.** To serve, ladle the soup into 4 bowls. Top each with a poached egg, sprinkle with some of the cheese, some of the pancetta and pepper to taste. Serve each portion with 2 toasts on the side. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.



Cookbook of the Week

Foods that will warm you right up



When it's chilly outside, we crave those comfort foods. In Fireside Feasts & Snow Day Treats, you get plenty of warming dishes, including Overbraised Lamb Shanks with Potatoes and Tomatoes, Steak and Blue Cheese Salad, Chicken Pot Pie with Tarragon and Leeks, Hazelnut Cheesecake Bars and more.

The book makes the most of the finest seasonable ingredients, is beautifully illustrated and boasts sections such as: Snow Day Snacks, Cold Day Comforts, Fireside Feasts, Winter Salads, Indulgent Treats and A Cup of Cheer. METRO

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Bettman to fans: 'I'm sorry'

NHL. Commissioner makes clear he intends to celebrate his 20th anniversary in role on Feb. 1 and remain in office long beyond that

With the third lockout on his watch finally nearing its end, Gary Bettman appeared a

humble and apologetic man.

The NHL commissioner told fans, players and sponsors that he was sorry the start of the season was delayed by more than three months. The apology came in the form of an unexpected "personal statement" delivered to re-porters Wednesday after he announced that owners had unanimously voted in favour of ratifying the new collective bargaining agreement.

"To the players who were very clear they wanted to be on the ice and not negotiating labour contracts, to our partners who support the league financially and personally, and, most importantly, to our fans, who love and have missed NHL hockey, I'm sorry," said Bettman. "I know that an explanation or an apology will not erase the hard feelings that have built up over the past few months but I owe you an apology nevertheless.'

It was the first public sign the NHL was ready to start rebuilding an image tarnished

- The players aren't expected to start their own ratification vote until Friday. It will be conducted electronically over two days and needs majority support from the roughly 740 union members to pass.
- If all goes to plan, the process would be com-pleted by Saturday and training camps would open around the league on Sunday.

by more labour disputes over the last 20 years than any of the other North American pro sports leagues.

This was Bettman as he's rarely seen. Standing behind a podium in the same hotel where he had a notorious blow-up during a press confer-ence last month, the contrite commissioner took his medicine. It might have been his only choice.

Bettman publicly was labelled everything from a "cancer" to an "idiot" by players during the course of negotiations that stretched over six months.

The commissioner wouldn't give details about what the league would do to make it up to the fans, but said there are plans in the works.

THE CANADIAN PRESS



Leafs fire GM Burke in dramatic fashion



to Maple Leafs general manager Dave Nonis attends pronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Brian Burke's colourful tenure as general manager of the Toronto Maple Leafs was never short on drama.

So it only seemed fitting his departure from the team would shock the entire hockey world.

The Leafs dropped the bombshell Wednesday, announcing they had relieved the fiery Burke of his duties as president and general manager and replaced him with his right-hand man, Dave Nonis.

While the Leafs had never reached the playoffs during Burke's four seasons at the helm, the timing of the

move was surprising given it comes just days before the start of the lockout-shortened season.

But Tom Anselmi, the president of Maple Leafs Sports and Entertainment, said the decision had been talked about for months following an extensive review of the hockey club by Anselmi and the new ownership group

"The news is coming as shock but I don't think the decision has happened overnight," Anselmi told a packed, hastily assembled news conference at the Air Canada Centre. "It's a con-

The sale of MLSE to BCE and Rogers Communications was finalized in August.

Anselmi said the operational review began sometime after that.

versation that's been ongoing and we came to a de-

"Once we got to that decision I'm a firm believer it's only fair to make the decision and move forward.' THE CANADIAN PRESS

Davis Cup

Levine has to wait to represent Canada on court

Tennis player Jesse Levine is flying the Maple Leaf but he'll have to wait until later this year before making his Davis Cup debut for Canada.

Levine, who was born

in Ottawa but moved to the U.S. at age 13, recently decided he would prefer to play for his native country and Tennis Canada petitioned the Inter-national Tennis Federation on his behalf.

However, ITF rules dictate that there is a 90-day waiting period from the time a player applies to change nationalities before they can represent their new country in international competition. THE CANADIAN PRESS



NFL

RG3 has ACL, LCL injuries repaired

The doctor who performed the knee surgery on Robert Griffin III says it is "everybody's hope and belief" the Washington Redskins quarterback will be ready for the 2013 season.

THE ASSOCIATED PRESS

NBA

Knicks' Anthony banned 1 game

Carmelo Anthony has been suspended one game by the NBA for confronting Kevin Garnett near the Celtics' team bus after the New York Knicks' loss to Boston on Monday.
THE ASSOCIATED PRESS







Roger Clemens appeared on 37.6 per cent of the 569 ballots. Baseball writers failed to give any player the 75 per cent required for induction to

Hall of Fame doors closed to Clemens, Bonds, Sosa and co.

Baseball. Not a single high-profile player from steroids era elected for trip to Cooperstown

No one was elected to the Hall of Fame this year. When voters closed the doors to Barry Bonds, Roger Clemens and Sammy Sosa, they also shut out everybody else.

For only the second time in four decades, baseball writers failed to give any player the 75 per cent required for induction to Cooperstown, sending a powerful signal that stars of the steroids era will be held to a different standard.

All the awards and accomplishments collected over long careers by Bonds, Clemens and Sosa could not offset suspicions those feats were boosted by performance-enhancing drugs.

Voters also denied entry Wednesday to fellow newcomers Craig Biggio, Mike Piazza and Curt Schilling, along with holdovers Jack Morris, Jeff Bagwell and Lee Smith.

Among the most honoured players of their generation, these standouts won't find their images among the 300 bronze plaques on the oak walls in Cooperstown, where — at least for now — the doors appear to be bolted shut on anyone tainted by PEDs.

Bonds, Clemens and Sosa retired after the 2007 season. They were eligible for the Hall for the first time and have up to 14 more years on the writers' ballot.

"I'm kind of glad that nobody got in this year," Hall of Famer Al Kaline said. "I feel honoured to be in the Hall of Fame. And I would've felt a little uneasy sitting up there on the stage, listening to some of these new guys talk about how great they were."

Unnonular votes

- Biggio, 20th on the career list with 3,060 hits, appeared on 68.2 per cent of the 569 ballots, the highest total, but 39 votes shy.
- The three newcomers with the highest profiles weren't close to majority support, with Clemens at 37.6 per cent, Bonds at 36.2 and Sosa at 12.5.
- At ceremonies in Cooperstown on July 28, the only inductees will be three men who died more than 70 years ago: Yankees owner Jacob Ruppert, umpire Hank O'Day and barehanded catcher Deacon White. They were chosen last month by the 16-member panel considering individuals from the era before integration in 1947.

No strings attached

MLB to go wireless with bullpen communication

Even dugouts and bullpens might not need that old landline soon.

Major League Baseball and T-Mobile announced Tuesday that the cellphone company will provide wireless devices that managers and pitching coaches can use to make the call to get relievers warming up.

The wireless phones will have docking stations in both sets of dugouts and bullpens, but managers and coaches can carry them. The signal shuts off if the phones are taken outside those areas.

The wireless phones will automatically ring when pulled from the docking devices, and a swipe when the phone is being carried will make the call as well. Both sets of dugouts and bullpens will have antennas to transmit the signals.

T-Mobile and MLB Advanced Media also are working on other ways to improve digital content for smartphones and tablets. THE ASSOCIATED PRESS

CALLING ALL KIDS! YOU CAN DESIGN OUR MASCOT!



BY KELLY ANN BUCHANAN

18

↑ Aries

March 21 - April 20

There is no limit to what you can do over the next few days, but you must have a clear idea of what it is you wish to accomplish. The chance of a lifetime could be heading your way at this very moment.

Taurus

April 21 - May 21

Listen carefully to what someone tells you today and start thinking of ways you can use this information to make your everyday life more enjoyable. What you do with this knowledge matters more than where it came from.

∐ Gemini

May 22 - June 21

You have some serious issues to deal with, issues that will determine whether you make a big profit or a big loss. The most important thing is that your aims are realistic. Also, stick to what you are good at.

9 Cancer June 22 - July 23

You are determined to get to the bottom of a situation that has been worrying you for many weeks. What you find may surprise you but it will also help you understand why

certain people have been

Ω Leo

July 24 - Aug. 23

acting strangely.

Pace yourself sensibly today because the planets warn if you don't slow down you could do yourself some harm. If what you put into a task is more than what you get out of it then it's time to stop.

MP Virgo Aug. 24 - Sept. 23

This is still a good time of year for you and with Venus now moving through the most dynamic area of your chart romance and creativity are under excellent stars. What does your heart desire most? Go out and get it.

△ Libra

Sept. 24 - Oct. 23

Cosmic activity in the domestic sector of your chart will make it easy to find the words that make a difference when dealing with loved ones and relatives. Always be nice, even when others are not being nice to you.

M Scorpio

Oct. 24 - Nov. 22

You will turn on the charm today and get anything - yes, anything — you desire. When the mood takes you, as it does now, you know exactly what to say to wrap friends and loved ones round your little finger.

Sagittarius

Nov. 23 - Dec. 21

Because you don't like to cause a scene, you may have let someone get away with too much in recent weeks. Now you must get a grip on the situation and make sure they know it was a one-off event.

り Capricorn Dec. 22 - Jan. 20

People will make a better job of things if you give them the freedom to make decisions. With both the Sun and Venus moving through your sign, you don't have to worry about

them getting it wrong.

Jan. 21 - Feb. 19

You must never be afraid to use a few harsh words if you think they are needed, and it seems they are needed now. Partners and work colleagues must be made to realize that you will not be pushed around.

H Pisces

Feb. 20 - March 20

Cosmic activity in some of the more dynamic areas of your chart will give you the energy and the self-belief to put yourself on show over the next 24 hours. Don't worry what others might think - just be yourself.

1º/0°

90%

Freezing rain

SALLY BROMPTON

Friday

1. Peggys

5. Ottawa-born singer/songwriter

- 32. Angkor ___ (Temple in Cam-

- 44. Diva's vocal

- Abbey" role

- 59. Miss Lane of comics

- 65. Rep.'s political rival
- 66. Parked cars areas

- of the Canadian Corps of April 9th

- _, NS
- Paul

- winner's latest album 'Harmony':
- 25. Trend in manicures: 2 wds.
- 28. Green Gables airl
- 30. Shakespearean verse

- 41. Canadian grocery store chain
- 45. Power symbols for Pharaohs

- 52. Winnipeg's ___ Park
- 60. Canadian director David
- vou ao...

- 67. Tori of tunes
- 1. USSR, to Russians

to April 12th, 1917: The Battle of

- 15. Character in The Legend of
- Sleepy Hollow, __ Bones 16. "ET Canada" co-host Rick
- 18. Capital of Latvia
- 2 wds.
- 22. Ms. MacNeil

- 29. Approx. take-offs
- 35. Pool nuisance

- 51. Nitassinan is their homeland
- 56. French possessive
- 62. "Before _ ___ you 63. \$uffix to 'Billion'

- 2. Toothbrush brand. -B

18

19

82

65

ent

6. Egypt's river

11. Intelligent

17. Approaches

7. City on the Rhein

- 9. 7's phone letters
- 12. Crunchy 14. Luxury label
- 19. 2-__ tissue 20. "Stompa" is a hit off this Juno-
- 24. Good

- bodia)
- 37. Pre-__ student 38. Rocker Bryan
- 40. Affiliation
- 46. Ads-emailed-in-bulk source 48. Maggie Smith's "Downton

- 64. Heckle

- 3. The great victory, and sacrifice,

21



45 48 47 49 50 48 57 59 61

66

role 25. "Nifty!"

63

26. Mythical Hun king

23. Ingrid's "Casablanca" (1942)

- 27. Pyramids, pretty much 28. Comic actor Mr. Samberg's 31. Social pages word
- 32. Canadian __ (Military attraction in Ottawa): 2 wds.
- 33. Marie-Claire's friend 34. Ivan the Terrible's job
- 36. German industrial city 39. Rhett's famous word

42. Hakim ___ (Eyewear chain)

43. Back 45. Names on it are Brad. Halle.

64

- George, etc. 47. Concerning
- 48. Authenticated 49. River of Brittany in France
- 50. Susan Aglukark song: "__
- 53. Viaour
- 54. Astronomy's 55. Chemical suffixes 57. Rubik's Cube inventor,
- 58. Mil. titles 61. Farm call

Know what the weather will be 14 days from now. Check the 14 day trend.

TWN incorporates MSC data

4. Clairvoyance, commonly

5. French aviation pioneer. Clem-

8. She gave Theseus thread to

escape the Minotaur's labyrinth

_ & Prejudice" (2005)

10. Vancouver-born actor Seth

15. Actress, __ Dallas Howard

21. Designer, Oscar de la

13. Penne, for example

involved.

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math

6	2	8	7	9	8	6	1	4	
1	4	8	6	2	6	3	7	9	
9	6	7	а	1	4	2	5	8	
2	8	5	1	4	3	7	9	6	
6	1	9	5	7	2	8	4	э	
7	3	4	9	6	c	1	2	5	
4	5	2.	8	3	1	Я	6	7	
8	7	1	4	6	2	5	3	2	
3	9	6	9	5	7	4	8	1	

		7	8		2		9	
5		4	9	6		2		
	9						3	6
6			2		1		5	3
	1			8			4	
4	2		3		9			1
7	4						2	
		6		2	3	4		7
	8		5		4	3		

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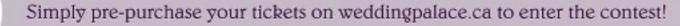
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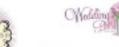
















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